

Tropical Times

Serving the Footprint of Freedom



Volume 15, Number 41

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

October 21, 2005

“FOOTPRINT OF FREEDOM” CELEBRATES



NAVY'S 230TH ANNIVERSARY

A Message from the Commanding Officer

Fellow Islanders,

We once again had a very busy and productive week. I would like to thank our Civil Engineer staff for the great job working with the contract force during the resolicitation visit. I received very positive feedback regarding the professionalism of our staff and the DG-21 personnel in all the annexes. Well done.

Also, I want to thank Lt. Bain and her Navy Ball committee for putting on the best Navy Ball I have "ever" attended. Many people worked very hard to ensure we had a great event Saturday night. I also appreciate everyone who bought a ticket and joined us as we celebrated our



230th birthday... it was a Diego Garcia record with over 300 people in attendance!

Congratulations to our new Sailors of the quarter! YNSN Hernandez, PC2 Rucker and AC1 Daly, these outstanding performers were selected from an incredibly talented group. Well done and keep up the great work.

On a safety note, each year about 500,000 people are injured and 900 people are killed in bicycle related injuries. Since we all ride bikes here on the Island, I ask that you please be careful and I encourage everyone to wear their helmet, especially on long rides and at night. Remember, helmets are mandatory for off road riding, anywhere south of the Air Terminal and for all MWR sanctioned events. Have a great weekend, please be careful and watch out for one another.

Sincerely and respectfully,

Captain Birklund

Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

Commanding Officer

Capt. Gil Birklund

Executive Officer

Cmdr. Mike Harber

Command Master Chief

CMDCM(SW) Brad Renollet

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INFORMATION HIGHWAY

Combined Federal Campaign

The Combined Federal Campaign CFC is now underway. CFC provides all military and civilian federal employees an opportunity to give to the charity/charities of their choice. A CFC Representative will be contacting each federal employee over the next six weeks to ask for voluntary contributions.

BINGO Bonanza

The MWR October Bingo Bonanza will be held in the Turner Club's Island Room on Sunday, October 23 at 7 p.m.

Hometown Connection Closure

The Hometown Connection will be closed October 12 - 20 from 11 a.m. to 4 p.m. for official training. Sorry for the inconvenience.

GMT for October

The Topic for October's General Military Training (GMT) is HIV/AIDS. GMT will be held in the Island Room on the following dates and times:

Monday, Oct. 24 at 3 p.m.

Wednesday, Oct. 26 at 8 a.m.

Ship's Store Sale!!

The Ship's Store is having a 25-50% off sale on selected items through Sunday, Oct. 23. Stop by and check out the great deals!

Navy Birthday Ball Coins & T-Shirts

The 230th Navy Birthday Ball coins are available for pick up in Lt. Bain's office at the Branch Health Clinic. T-shirts are available for sale for \$5.

What you need to know about the Flu, but are afraid to ask!

Submitted by Branch Health Clinic

Influenza, also known as Flu, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent this illness is by getting a flu vaccination each fall. Every year in the United States, on average: 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications and; about 36,000 people die from flu.

The Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee has recommended that the 2005-06 trivalent influenza vaccine contain: A/New Caledonia/20/99-like (H1N1), A/California/7/2004-like (H3N2), and B/Shanghai/361/2002-like viruses.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. Symptoms of Flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and stomach symptoms, such as nausea, vomiting, and diarrhea, can also occur but are more common in children than adults.

Complications of Flu

Complications of flu can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How Flu Spreads

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person. For example, some people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day **before** symptoms develop and up to five days **after** becoming sick. That means that you can pass

on the flu to someone else before you know you are sick, as well as while you are sick.

Preventing the Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. The "flu shot" – an inactivated vaccine (containing killed virus) is given with a needle. The flu shot is approved for use in people older than six months, including healthy people and people with chronic medical conditions.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against influenza-like illnesses caused by other viruses.

Who Should Get Vaccinated?

In general, anyone who wants to reduce the chance of getting the flu can get vaccinated. However, certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications. People who should get vaccinated each year are:

- Health care workers
- Deployed military personnel
- People 65 years and older
- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses;
- Adults with chronic heart or lung conditions, including asthma;
- Adults who needed regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system.

Continued, see The Flu on page 5.

GALLEY MENU October 22 - 28

| Saturday | <u>Lunch</u> | <u>Dinner</u> | Wednesday | <u>Lunch</u> | <u>Dinner</u> |
|----------|--|---|---|--|---|
| | Egg Drop Soup White Fish Spanish Rice | Egg Drop Soup Empanaditas Hamburger Parmesan | | <i>"Special Meal"</i> French Onion Soup Charbroiled Rib-Eye Roll Lobster Tail | Cream of Asparagus Soup Vegetable Stuffed Peppers Turkey Nuggets |
| Sunday | <u>Brunch</u> | | Thursday | | <i>"Hawaiian Night"</i> |
| | New England Clam Chowder Ravioli Casserole Combination Pizza | New England Clam Chowder Rib Eye Steak Fried Shrimp | | Cream of Asparagus Soup Caribbean Flounder Glazed Ham | Cream of Potato Soup Tropical Baked Pork Chop Hawaiian Baked Duck |
| Monday | <u>Brunch</u> | | Friday | | |
| | Pepper Pot Soup Tempura Shrimp Beef Stir Fry | Pepper Pot Soup Shish Kebab Chicken Cacciatore | | Chicken Rice Soup Pasta Bar BBQ Spareribs | Chicken Rice Soup Tempura Fish Pork Adobo |
| Tuesday | | | Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods. | | |
| | Beef Rice Soup Lasagna Baked Sweet Italian Sausage | Beef Rice Soup Tuna Tetrazzini Fajitas | | | |

Life Experience

By RP2 Jordan

NSF Chapel of Faith

What is it? For me it's one big giant jigsaw puzzle with hundreds of thousands of pieces spread out all over the floor of my house. (I'm at home in the States). They're in every room of the house and I'm trying to figure out how to put the pieces of this gigantic puzzle together. I really never knew I had it until just recently after having several intriguing conversations with some very interesting people from various backgrounds.

Growing up, my father would always extol the virtues of his own life experiences to my siblings and me. Now it's all starting to come back to me as I enter into each of these rooms to initiate some kind of order in which to put the pieces to this puzzle together. I wonder though as I'm doing this what if anything I have to offer as my own life experience to the world. Those thought provoking conversations I had with them lead me to believe that I do.

Now, I may not possess perspicacious wisdom, but what I have to offer is pertinent enough to those who choose to listen. The pieces to my puzzle are at last beginning to fit together. And as I continue my journey Life Experience for me will be as keen and insightful as those individuals with whom I exchanged those insightful conversations. The learning process is still taking place (the puzzle is not yet complete). But at least there's a greater understanding to the life that I've experienced which has enabled me to put forward what I know and have learned.

Camp Justice Chapel and Chapel in the Palms present

A Scavenger Hunt!



October 27th at 6 p.m.
Everyone is invited.

The hunt will begin at the Chapel in the Palms. Participants will be arranged into three or four man teams. Each team will follow a series of clues to find their way around the downtown area. The first team to successfully complete the hunt wins!

Prizes:

1st Place Team - Mongolian BBQ gift certificates

2nd Place Team - Hand Crafted T-Shirts

3rd Place Team - Mystery Prize

Come... hunt... enjoy and win!

Refreshment will be served after the hunt.

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Novena

Saturday 7 p.m.

Sunday 9 a.m.

Catholic Mass

Saturday 7:30 p.m.

Sunday 9:30 a.m.

Monday-Friday 11:30 a.m.

RCIA

Monday 7 p.m.

Choir Practice

Thursday 7 p.m.

Saturday Confession

6 p.m.

Scripture Study

Thursday 6 p.m.

ISLAMIC

Jum'ha

Daily 7:30 p.m.

CHURCH OF CHRIST

Sunday Worship

10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Traditional Protestant Worship

Sunday 8 a.m.

Sunday Bible Study

9:15 a.m.

Contemporary Protestant Worship

Sunday 10:30 a.m.

Gospel Service

Sunday 1:30 p.m.

Bible Study

Tuesday 7 p.m.

Co-Ed Bible Study

Wednesday 7:30 p.m.

Fellowship, Video

and Game Night

Friday 7 p.m.

Iglesia ni Cristo

English Worship Service

Thursday 5 a.m.

Tagalog Worship Service

7:30 p.m.

English Worship Service

Saturday 7:30 p.m.

Camp Justice Chapel 370-4959

Bible Study

Tuesday and Thursday 7 p.m.

Chapel Movie Night

Monday 7 p.m.

General Protestant Service

Sunday 9 a.m.

ROMAN CATHOLIC

Catholic Mass

Sunday 10:30 a.m.

CHURCH OF JESUS CHRIST

OF LATTER-DAY SAINTS

Sunday Worship

1 p.m.

Hindu Temple

Fellowship Service

Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary

5:45 p.m.

Theological Formation

Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass

Weekdays 6 p.m.

Saturday Mass

5 a.m. and 7 p.m.

Sunday Mass

8 a.m. and 7 p.m.

Friday Bible Study

7 p.m.

*Confession After Mass

Palmsville Village Mass

Every First Friday 7:30 p.m.

Prayer Meeting

Wednesday 8 p.m.

Christian's Den

Band Practice

Tuesday and Saturday 8 p.m.

Tagalog Bible Study

Wednesday 7 p.m.

Tagalog Fellowship

Thursday 7 p.m.

Contemporary

Christian Service

Sunday 7 p.m.

The UCMJ Report

By Lt. Hoyt
NSF Legal

Imagine this scenario: you and a few of your friends go out on a Friday night and have a bit (or a lot) too much to drink. So far, not too hard to picture, right? At some point during the evening, one of your friends does something really dumb – urinates on a building, punches someone else, gets into a verbal altercation, pulls a fire alarm, etc. Still seems fairly plausible, you're thinking. Now when security comes to get a witness statement from you, you think to yourself, "This is kind of silly. My friend didn't mean any harm. X, Y and Z were really what happened, but if I just tell them X and Y, leave out Z and maybe throw in a little A and B, they'll drop it and no one will know the difference." Unfortunately, you may still be thinking my story sounds pretty reasonable.

What you just did is called making a *false official statement* and it is a violation of Article 107 of the UCMJ. You may have thought that you were just trying to diffuse the situation or cover your friend's back. But what you did was gave an official statement, knowing it was false, with intent to deceive. Perhaps surprising to some, Article 107 also includes signing an official document, knowing it is false, with intent to deceive. This may not

sound too bad to you, but when you consider everything that is included, it encompasses a lot of aspects of your work and play. Did you know that "an official document" is ANY document signed in the line of duty? That watch logbook, your leave chit, qualifications, and reports: all official documents. "In the line of duty" is the only requirement for a statement or a document to be official. In a place like Diego Garcia, almost everything you do and say in any kind of official capacity can be considered in the line of duty!! Even after hours, and after many drinks, you still can be making an official statement or signing an official document.

So what is at stake? How about a dishonorable discharge, giving up all your pay and allowances, confinement for 5 years? That's the worst that can happen, but NJP, administrative separation, EMI, etc. are definitely not out of the realm of possibility. In fact, they are pretty darn likely! Just like mom used to say, lying is never the answer. Trust me, if you are caught lying to investigators, lying to your supervisor, signing out on leave late, gun-decking your PQS – doing anything official knowing it to be false and intending to deceive others – you will be looking at some serious penalties. The Navy does not tolerate liars and all you do is complicate a situation, rather than help it.

An important message from BIOT Customs and Immigration Department:

This is to remind all readers that when departing or entering Diego Garcia that they are not to bring any non-commercially sealed food products. These include such items as raw/cured meat (karne) of any kind, embryo egg (balut), dried fish (daing) and any products containing whole seeds. These items contravene BIOT import law and you can be prosecuted.

The reasons for this are three fold, the very real risk of the pandemic Asian bird flu entering the island through prohibited food items, the largely increased risk of food poisoning and the preservation of the ecology of the island through not introducing any animals, plants, seeds or cuttings from outside the island group.

You are reminded when passing through customs, departing or entering, that 100% baggage inspections are in operation at all times, so be warned that any prohibited items will be found and destroyed. The fine for bringing said items onto the island can be up to a \$1,800 USD fine, this is about 100,000 pesos, and or a year imprisonment. So, as you can see, it is not wise to attempt to bring prohibited food items of any kind onto the island.

If you have any questions as to what you may import to Diego Garcia Please do not hesitate to contact BIOT Customs, which is located at the Air Terminal on 370-2931. Your co-operation in this matter is much appreciated.

The Flu continued from page 3.

- People with any condition that can compromise respiratory function or the handling of respiratory secretions
- Women who will be pregnant during the influenza season.

Who Should Not Be Vaccinated?

Some people should not be vaccinated without first consulting a physician. They include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.

- Children less than 6 months of age (influenza vaccine is not approved for use in this age group).
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

What is Avian Flu?

Avian Flu is an infection caused by a bird influenza virus. Birds are carriers of Avian flu but don't usually get sick from the virus. Animals that come in contact with a bird infected with "bird influenza or Avian flu" will get sick. Humans do not normally get sick from Avian flu, however, there have been several cases of human infections associated with bird viruses. Avian flu is spread through the saliva, nasal secretions and feces of infected birds. Anyone who comes in contact with

contaminated secretions or contact surfaces is susceptible to Avian flu infection. The symptoms of Avian flu are typical flu-like symptoms (fever, cough, head ache, etc). The risk of Avian flu is low in humans because the virus spreads among birds. However, if there is an outbreak in domesticated poultry, humans are at risk. Avian Flu is treated by antiviral medication.

Preventive Medicine will be administering flu shots tentatively beginning in November. Dates and times for the vaccination will be scheduled for all NSF and Tenant Commands. Influenza vaccine is available to all MSC ships by request.

If you have questions, please contact Lt. Bain at 370-4206, HM1(SW/AW) Morant or HM2(SW/AW/FMF) Cole at 370-4218.

Entertainment this Week

MWR Presents:

Mixed Up Band

Friday, Oct. 21, CPO Club, Brit Function

Saturday, Oct. 22, Island Room, 8 p.m. - 1 a.m.

Tuesday, Oct. 25, Officer's Club, 7 - 11 p.m.

Wednesday, Oct. 26, CPO Club, 7 - 11 p.m.

Thursday, Oct. 27, Island Room, 7 - 11 p.m.

DJ's Night

Friday, Oct. 21, Island Room, 8 p.m. - 1 a.m.

Saturday, Oct. 22, (Rock) Camp Justice, 8 p.m. - 1 a.m.

MWR events this Week**Saturday, Oct. 22****Biathlon****Marina****8 a.m. Showtime****Starts at 8:30 a.m.****Saturday, Oct. 22****Flag Football****Tournament****Fleet Rec. Area****5 p.m.****Sunday, Oct. 23****Golf Tournament****Coral Sands Golf Course****7:30 a.m.****Wednesday, Oct. 26****50 M Freestyle****Swim Competition****Base Pool****5 p.m.****Main Outdoor Theater**

| | |
|-----------------------|--------------------------|
| Friday at 8 p.m. - | House of Wax |
| Friday at 10 p.m. - | Rebound |
| Saturday at 8 p.m. - | Rebound |
| Saturday at 10 p.m. - | The Honeymooners |
| Sunday at 8 p.m. - | The Honeymooners |
| Monday at 8 p.m. - | The Lizzie McGuire Movie |
| Tuesday at 8 p.m. - | Check M.O.T. Marquee |
| Wednesday at 8 p.m. - | Check M.O.T. Marquee |
| Thursday at 8 p.m. - | Phone Booth |

Officers Club

| | |
|-------------------------|-----------------------------------|
| Tuesday at 7:30 p.m. - | The Sisterhood of Traveling Pants |
| Thursday at 7:30 p.m. - | Lizzie McGuire Movie |

CPO Club

| | |
|--------------------------|---|
| Saturday at 7 p.m. - | Matchstick Men |
| Saturday at 9 p.m. - | Kill Bill: Vol. 1 |
| Tuesday at 7:30 p.m. - | Phone Booth |
| Wednesday at 7:30 p.m. - | The Adventures of Shark Boy & Lava Girl |
| Thursday at 7:30 p.m. - | The Sisterhood of Traveling Pants |

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.
*Note: Movies are subject to change!

**Channel
12**

All games are subject to change. For more information log on to:
myafn.dodmedia.osd.mil

NFL/College Football**Sunday, Oct. 23**

Chargers at Philadelphia Eagles, (Live) 11 p.m. AFN PACIFIC

Steelers at Cincinnati Bengals, (Live) 11 p.m. AFN SPORTS

Monday, Oct. 24

Broncos at New York Giants, (Live) 2 a.m. AFN SPORTS

Cowboys at Seattle Seahawks, (Live) 2 a.m. AFN PACIFIC

Tuesday, Oct. 25

Monday Night Football: New York Jets at Atlanta Falcons

(Live) 7 a.m. AFN SPORTS

(Tape) 4 p.m. AFN PACIFIC

(Tape) 11 p.m. AFN SPORTS

College Football (Oct. 22 & 23)

Southern Miss. at UAB, (Live) Saturday, 6 a.m. AFN SPORTS

Michigan at Iowa, (Live) Saturday, 10 p.m. AFN SPORTS

Texas Tech. at Texas, (Live) Sunday, 1:30 a.m. AFN SPORTS

Various Sports**NFL Magazine (Oct. 22)**

NFL's Greatest Moments: The Story of the 1985 Bears, (Tape)

Saturday, 12:30 a.m. AFN SPORTS

PGA Tour (Oct. 23)

Funai Classic at Walt Disney World Resort: Third Round,

(Live) Sunday, 1 p.m. AFN SPORTS

NASCAR (Oct. 23 & 25)

Busch Series: Sam's Town 250, (Live) Sunday, 1:30 a.m.

AFN PACIFIC

Nextel Cup Series: Subway 500, (Tape) Tuesday,

1 p.m. AFN SPORTS

MLB World Series (Oct. 23, 24, 26 & 27)

GAME 1, (Live) Sunday, 5:30 a.m. AFN SPORTS

GAME 2, (Live) Monday, 5:30 a.m. AFN SPORTS

GAME 3, (Live) Wednesday, 6 a.m. AFN SPORTS

GAME 4, (Live) Thursday, 6 a.m. AFN SPORTS

Media: A cause of anxiety in families?

By Lt. j.g. Narro
Fleet and Family Support Office

Media coverage of a natural disaster, war, act of terrorism, or other disturbing event provides us with vital and helpful information. The media can keep us informed about what is happening and things we may need to do. It is also true, however, that too much media coverage of frightening events can add to our distress making us and our children feel anxious. Below is information on ways to keep media coverage from adding to feelings of stress for you and your children.

Today, with live TV news, live radio from around the world, and instant news on the Internet, news of traumatic events comes streaming into our living rooms and onto our computer screens as never before. We witness frightening events in color and it can feel as if we are really there. Graphic and disturbing images and nonstop coverage of traumatic events can cause us to feel traumatized, even if we were not directly impacted by the trauma or tragedy. Experts call this "vicarious trauma" or "secondary trauma."

The signs of vicarious trauma include, inability to concentrate, fear and anxiety, sleep problems, distressing dreams, a general sense of uneasiness, isolation and withdrawing from others, and outbursts of anger. The signs of vicarious trauma in children include all those mentioned along with persistent daydreaming, and separation anxiety. If you are experiencing symptoms of vicarious trauma or if the news is making you feel anxious, take a break from the media coverage. Avoid reading news stories about the events or watching news or documentary programs on TV. Some people may be especially affected by media coverage, including those who have experienced a loss and those who have experienced a natural disaster, war, catastrophe, or personal crisis. Traumatic events may trigger memories of past losses or events even if they happened many years ago, and may bring back images of previous traumas, nightmares, and feelings of grief, fear and sadness.

Below are suggestions if you or someone you love is experiencing feelings of grief or anxiety that may be triggered by extensive media coverage of a traumatic event.

- Realize that graphic images and stories on TV can affect your mood and feelings. If you feel sad, overwhelmed, or more angry or irritable than usual, limit your exposure to news coverage of the traumatic events and spend extra time talking with friends, family, or a professional counselor. Do something that you find relaxing.
- Talk with someone you trust about the recent events and about past losses or experiences that may be affecting you now.
- If your work is affected, talk about your fears and concerns with a professional. Your Fleet and Family Support Office counselor can assist you in finding help.
- Try to keep to a regular pattern of eating and sleeping. This gives you the strength to cope with stress.

- Get as much exercise as possible. Many people find that exercise makes it easier to cope with painful emotions.
- Seek support from your faith community. During difficult periods many people find comfort and solace in their faith communities.

Media coverage and children

Children who see repeated images of violence and trauma on TV or in newspapers may have continued fears about their own safety and that of their family. Children who have lost a pet, experienced a separation or divorce, or lost a friend or relative may be deeply affected. You can protect and support your child by doing the following:

- Limit exposure to news coverage of disturbing events. Closely monitor what your child is seeing on TV and reading in magazines and in the newspaper.
- Be present if your child does watch TV coverage of disturbing events. That way you can answer your child's questions and talk about concerns. It is important to be present even if your child is a teenager. Again, limit the amount of coverage your child watches.
- Spend extra time with your child.
- Keep to family routines.
- Plan a family outing or activity your child enjoys.
- Try as much as possible to be together during difficult times.

Written with the help of Ms. Mezey, LICSW. Ms. Mezey has a master's degree in Social Welfare, and completed post-graduate training in family therapy and advisement for Employee Assistance Professional certification. She has worked as a family therapist and an EAP counselor.

If you would like more information you may contact Lt. j.g. Narro at the Fleet and Family Support Office at 370-4421 or by e-mail at narrom@dg.navy.mil.

Antiterrorism while Traveling: From Domicile to Duty

By MA1 (SW/AW) Minor
NSF Security Department

- Alternate parking places.
- Lock car when unattended.
- Look for tampering. Look under your auto. Be alert when opening door.
- Keep gas tank at least half full.
- If possible, alter routes and avoid choke points.
- Plan "escape" route as you drive.
- Watch mopeds/cycles.
- Do not pick up hitchhikers.
- Drive with windows up and doors locked.

Remember: REMAIN ALERT.

**HALLOWEEN
Haunted House**

October 27-29

8 - 10:30 p.m.

Brought to you by the Seabee Ball
Fundraising Committee.Entrance is by donation in support of
the Seabee Ball.**Directions:** Take the bus and get off at
the Airport Terminal, haunted house is
located in the building in front of the
Seabee Self Help warehouse.

The Commanding Officer, the youngest and oldest Sailors and several Navy Ball committee members slice into the 230th anniversary cake. Photo courtesy of DG-21 Photo Lab. Check out pages 12 and 13 for more photos from the Navy Ball.

Want to see your picture in the paper? The Tropical Times is seeking action shots of you and your friends playing sports, catching that prized fish, or running in the next 5K. Submit your photos with the information who, what, where, and when to JO1 Margallis at margallisd@dg.navy.mil.

This Week in Naval History

Source: Naval Historical Center

October 22, 1962 - President John F. Kennedy orders surface blockade (quarantine) of Cuba to prevent Soviet offensive weapons from reaching Cuba during the Cuban Missile Crisis.

October 23, 1944 - Battle of Leyte Gulf, a series of separate battles, begins with attacks on Japanese ships.

October 24, 1958 - USS *Kleinsmith* (APD-134) evacuates U.S. nationals from Nicaro, Cuba.

October 25, 1924 - Airship, USS *Shenandoah* (ZR-1), completes round trip transcontinental cruise that began on 7 October.



October 26, 1944 - Battle of Leyte Gulf ends with Navy carrier and USAAF aircraft attacks on the retreating Japanese ships. U.S. forces sink many Japanese ships including 4 carriers, 3 battleships, 10 cruisers, and 9 destroyers, for a total of 26 capital ships. Afterwards Japanese fleet ceases to exist as an organized fighting fleet.

October 27, 1922 - Navy League of U.S. sponsors first annual celebration of Navy Day to focus public attention on the importance of the U.S. Navy. That date was selected because it was Theodore Roosevelt's birthday.

October 28, 1864 - Steamer *General Thomas* and gunboat *Stone River* destroy Confederate batteries on Tennessee River near Decatur, Alabama.

Tide Report

October 22 - 28

| | <u>High</u> | <u>Low</u> | <u>High</u> | <u>Low</u> |
|-----------|-------------|------------|-------------|------------|
| Saturday | 5:08 a.m. | 11:04 a.m. | 5:10 p.m. | 11:28 p.m. |
| Sunday | 5:37 a.m. | 11:31 a.m. | 5:39 p.m. | ----- |
| Monday | 6:13 a.m. | 12:02 a.m. | 6:16 p.m. | 12:05 p.m. |
| Tuesday | 7:21 a.m. | 12:54 a.m. | 7:55 p.m. | 1:15 p.m. |
| Wednesday | 11:16 a.m. | 3:55 a.m. | 11:36 p.m. | 5:30 p.m. |
| Thursday | ----- | 6:01 a.m. | 12:21 p.m. | 6:28 p.m. |
| Friday | 12:32 a.m. | 6:43 a.m. | 12:54 p.m. | 7:00 p.m. |



UNITED THROUGH READING

In coordination with the Naval Media Center, the United Through Reading Program is offered every Tuesday, 10 a.m. at the Liberty Center.

Read a book to your child on tape and send it home. The VHS tape is provided free of charge.

Please contact the NSF Chapel for more information by calling 370-4601.

Triathlon Competition

Event held October 15.
(Time in hh:mm:ss)

Individual Division, Men (29 & under)

- 1st - Ranalli (NSF) 1:03:20
- 2nd - Beatie (NMCB) 1:03:44
- 3rd - White (BMC) 1:14:06

Individual Division, Men (30-39)

- 1st - Martin (BMC) 1:10:35
- 2nd - Linden (BMC) 1:14:35
- 3rd - Hassedtd (PACAF) 1:18:15

Individual Division, Men (40-49)

- 1st - Seeckts (NSF) 1:13:12

Individual Division, Women (29 & under)

- 1st - Dolfinger (28 EARS) 1:15:10
- 2nd - McCann (28 EARS) 1:34:52

Individual Division, Women (30-39)

- 1st - Bain (BMC) 1:24:25
- 2nd - Baker (28 EARS) 1:40:20

Team Division, Men (combined age 91 & over)

- 1st - Gesner (DG21) 57:41
dela Paz, Eugenio
- 2nd - Hall (PACAF) 1:01:51
Brand, Kapelousch
- 3rd - Paisley (NSF) 1:11:17
Daly, Schmelter



Faster than a speeding bullet...



This rider pedals hard to the finish line to send his teammate runner on his way.



Jake participates in the swim.



Triathlon cyclist arrives at the finish line.



Finally at the finish line for the cycling leg of the triathlon.



The CO congratulates one of the Triathlon participants.



Teammates congratulate their runner.



The participants hit the surf for the 500 meter swim to start the triathlon.

The Lagoon Cartoon Revisited

By Ensign Green with Artwork by YNSR Guerra

**Get in touch with Navy One Source today!**

Navy One Source offers a variety of services through their award-winning web site. Everything from advice on how to deal with work-related issues to child care and parenting lessons to grief counseling following the loss of a loved one. Navy One Source is available at no cost to you.

Best of all, it is available any time of day, wherever you are.

Online: www.navyonesource.com User ID: Navy, Password: Sailor



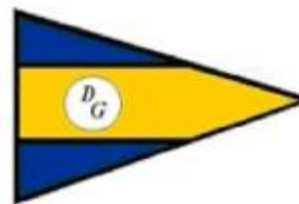
The Diego Garcia Bike Club is looking for new members.

The club is open to all hands, all ages and all skill levels.
Rides are non-competitive and social in nature.
The club meets and rides every Sunday at the
DG Bike Club House at 4:30 p.m.

AA MEETINGS

BEQ 17
First Deck Lounge
Sundays, Wednesdays
& Fridays
7:30 p.m.

Alcoholics Anonymous is about
people learning to live life sober
through sharing each others'
experiences.



*The DG Yacht Club is looking for
new members!*

*No prior sailing experience necessary!
Meetings are held the first Wednesday
of every month at 5 p.m.
Come by for food and fun!*



Naval Mobile Construction Battalion 74 Seabees line up for an awards ceremony held on the beach behind the CPO club. The sunrise ceremony was held on Friday, October 14.

..... Floating Dock Installed at Marina



A view of the new floating dock at the Marina looking from the lagoon.



The new floating dock as seen from the beach.



Star Party:

**October 28
at sunset.**

**Camp Justice
Pier**

Subject to clear skies.

Navy Quote of the Week

“Take her down!”

Commander Howard Walter Gilmore, desperately wounded and unable to climb back into his submarine, USS Growler (SS-215), in the face of an approaching Japanese gunboat 7 February 1943.

[Roscoe, Theodore. United States Submarine Operations in World War II. (Annapolis, MD: United States Naval Institute, 1949): 208.] Naval Historical Center.



DG Island Team Celebrates Navy's 230 Years

More than 300 Sailors and civilian workers alike came together on Saturday, October 15 to celebrate the U.S. Navy's 230th Anniversary. The Navy Ball committee decked out the Turner Club's Island Room in red, white and blue for the festive occasion.

The night started off with a cocktail hour filled with finger foods and mingling among the attendees.

As opening remarks were delivered, the ceremony got underway with singing the National Anthem and the British Anthem as a five-person color guard presented colors. A Hospital Corpsman from the Branch Health Clinic lit the candle at the table set especially in remembrance of Prisoners of War and those service members Missing in Action.

The ceremonial toasting started with proposing a toast to the Commander in Chief, the President of the United States, and continued through the services ending with a special toast "to our brothers and sisters in harm's way."

Naval Support Facility Diego Garcia's Commanding Officer Capt. Birklund was guest speaker for the occasion, with a speech recognizing the outstanding job the Diego Garcia Team provides.

The youngest and oldest Sailors in attendance accompanied the Commanding Officer as they cut the ceremonial anniversary cake.

Winning numbers were drawn throughout the night for a variety of door prizes, which included an MP3 player, a CD stereo system and a two-night stay in Singapore.

The evening progressed with dancing 'til 1 a.m. as the Mixed Up Band belted out the hits. Thank you to everyone involved for making this year's Navy Ball a success. Those who attended were pleasantly surprised as they entered the Turner Club, and with the effort put forth by the Navy Ball Committee. Everyone in attendance walked away with a commemorative glass to remember the evening.



Photos courtesy of the DG-21 Photo Lab

Navy Ball

Tropical Times
October 21, 2005

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Photos courtesy of the DG-21 Photo Lab

